

**PATENT CLAIMS**

1. A sliding board, in particular a ski, with a running surface, an upper shell, a core, steel edges, and with at least one interface element, connected to the sliding board body by means of anchoring elements, for arranging at least one binding element on the upper side of the sliding board, characterized in that the anchoring elements (8) have already been inserted into receiving holes (10, 10') of the core (2) during sliding board production and retained here by material (11) which cured during pressing together of the ski.
2. The sliding board as claimed in claim 1, characterized in that the cured material (11) is also a connecting material.
3. The sliding board as claimed in claim 1 or 2, characterized in that the cured, connecting material (11) is an adhesive, a resin or the like.
4. The sliding board as claimed in one of claims 1 to 3, characterized in that the cured, connecting material originates from a prepreg layer (14) introduced above the core (2).
5. The sliding board as claimed in claim 1 or 2, characterized in that the cured material retains the anchoring elements (8) in the core (2) by a positive connection.

6. The sliding board as claimed in one of claims 1 to 5, characterized in that the anchoring elements (8) are retained in holes (10') made in the core (2) which are widened in their edge region.

7. The sliding board as claimed in one of claims 1 to 6, characterized in that the anchoring elements (8) are passed through holes (3a) made in the upper shell (3) and in optional additional intermediate plies.

8. The sliding board as claimed in one of claims 1 to 7, characterized in that the core (2) is a prefabricated foamed core, a wood core or the like.

9. A method for the production of a sliding board, in particular a ski, consisting of a running surface, steel edges, a prefabricated core, an upper shell and optional additional intermediate plies, and also with at least one interface element for arranging at least one binding element on the upper side of the sliding board, the sliding board being pressed together in a mold under pressure and heat, characterized in that receiving holes (10, 10') are made in the core (2) and openings (3a) are made in the upper shell (3) and also the optional additional plies provided above the core (2), a curing material (11) is introduced into the receiving holes (10, 10') of the core (2), the interface element (7) is positioned in the holes (3a) and the receiving holes (10, 10') by means of anchoring elements (8), the sliding board is ready constructed and pressed together in a

mold, so that during the pressing operation the material introduced into the holes cures and integrates the anchoring elements (8) in the core (2).

10. The method as claimed in claim 9, characterized in that a connecting material, for example an adhesive or a resin, is introduced into the receiving holes (10, 10').

11. A method for the production of a sliding board, in particular a ski, consisting of a running surface, steel edges, a prefabricated core, an upper shell and optional additional intermediate plies, and also with an interface element for arranging at least one binding element on the upper side of the sliding board, the sliding board being pressed together in a mold under pressure and heat, characterized in that two receiving holes (10, 10') are made in the core and openings (3a) are made in the upper shell (3) and also the optional additional plies provided above the core (2), a prepreg layer (14) being positioned on the core (2), at least in the region of the receiving holes (10, 10'), the interface element (7) is positioned in the holes (3a) and the receiving holes (10, 10') by means of anchoring elements (8), the sliding board is ready constructed and pressed together in a mold, so that during the pressing operation the resin of the prepreg layer (14) flows into the receiving holes (10, 10'), cures and integrates the anchoring elements (8) in the core (2).

12. The method as claimed in one of claims 9 to 11, characterized in that the core (2) is a prefabricated foamed core, a wood core or the like.

13. The method as claimed in one of claims 9 to 12, characterized in that the upper shell (3) is premolded.